

RUN 60

Challenge tracker

Track your miles throughout September with this handy calendar.
Don't forget to log them in messenger too

CROHN'S & COLITIS UK

M	T	W	T	F	S	S	WEEKLY TOTAL MILES	WEEKLY TOTAL £
1	2	3	4	5	6	7		£
8	9	10	11	12	13	14		£
15	16	17	18	19	20	21		£
22	23	24	25	26	27	28		£
29	30	YOU DID IT!					FINAL TOTAL MILES	FINAL TOTAL £

Share your pics

Half way!

Nearly there